

Stress...

So Many Demands, So Little Time...



1. Stress is your body's way of reacting to life's pressures
2. Lots of places and things can make you feel stressed:
 - School
 - Home
 - Family & Friends
3. Some stress is good- but if it makes you feel sad and irritable- WATCH OUT!!!
4. Learn to recognize the signs of stress
 - ◇ Physical- headache, pounding heart, trembling
 - ◇ Behavioral- anxious, poor eating, sleeping problems
5. Figure out what things make you feel stressed
6. Managing your stress is important:
 - ✓ Deep Breathing
 - ✓ Exercise
 - ✓ Meditation
7. Reduce the stress in your life by scheduling daily periods of relaxation and exercise, eating right, and getting enough rest



Kentucky Commission for Children
with Special Health Care Needs